



PROGRAM DESCRIPTION:

The skills required by Personal Trainers are many and varied. This attestation pulls together a number of Fitness Industry Education Qualifications to provide you with the basic skills required to get you into the Personal Trainer business. You will gain skills necessary to write fitness programs and enable you to create interesting and varied workouts. You will learn the basics of running a business and dealing with clients.

Upon successful completion of this program you will achieve competency in:

- Promoting the adoption and maintenance of regular physical activity.
- Dealing with accidents and emergencies.
- Running a professional personal training business.
- Assessing the current level of client fitness.
- Implementing appropriate program for individual clients.
- Planning and teaching a fitness program and circuit training class.
- Planning fitness programs implementing a variety of methods including aquatic fitness, indoor and outdoor activities and activities with or without equipment.

The Personal Training attestation is geared to students who are seeking the opportunity for professional placements in fields of employment within the fitness industry. With the tremendous growth of the fitness sector employment outlooks for graduates look strong. Graduates may find work as personal trainers, fitness center managers and activity programmers.



PROGRAM STRUCTURE:

TERM 1

CODE	TITLE	PON	HRS	UNITS
144-803-MO	Introduction to the Profession	2-1-2	45	1,66
144-814-MO	Functional Anatomy	2-2-3	60	2,33
144-824-MO	Elements of Applied Physiology	3-1-3	60	2,33
391-834-MO	Room Exercise with or without Equipment	1-3-3	60	2,33

TERM 2

CODE	TITLE	PON	HRS	UNITS
144-843-MO	Elements of Applied Pathology	1-2-3	45	2
391-853-MO	Assessment of Fitness Participants	2-1-3	45	2
391-864-MO	Program Implementation	2-2-3	60	2,33
391-873-MO	Supervision of Individual and Group Activities	1-2-3	45	2

TERM 3

CODE	TITLE	PON	HRS	UNITS
144-883-MO	Adapted Therapeutic and Physical Activities	1-2-2	45	1,66
391-893-MO	Preparation for the Workforce	1-2-2	45	1,66
391-8A3-MO	Aquatic Fitness	1-2-2	45	1,66
391-8B3-MO	Outdoor Program Activities	1-2-2	45	1,66

TERM 4

CODE	TITLE	PON	HRS	UNITS
391-8BI-MO	Stage	2-16-6	30 teach 240 stage	8